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### CYCLE GUIDELINES: IVF (In Vitro Fertilization)

<b>Previous Month</b>	Call Day 1 of cycle for appointment by Day 3
<b>Day 3 Appointment</b>	<p>Schedule an appointment with Dr. Schmidt</p> <ul style="list-style-type: none"> <li>• Do STD blood and cervical cultures on female and uterine sound (measurement of uterine cavity depth)</li> <li>• Do STD blood check (or get lab slip) for male partner</li> <li>• Learn how to do injections</li> <li>• Get medication pharmacy slip (to begin day 3 of stimulation cycle)</li> </ul>

### STIMULATION MONTH

<b>Day 1</b>	Call DAY 1 to schedule an appointment by Day 3 of cycle
<b>Day 3</b>	<p>Appointment with Dr. Schmidt</p> <ul style="list-style-type: none"> <li>• Vaginal ultrasound</li> <li>• FSH/Estradiol blood draw</li> <li>• Review injections</li> </ul> <p><i>** Remember to bring in all medications and this Cycle Guideline sheet**</i></p>
<b>Evening of Day 3</b>	<p>We will call you at _____ am/pm to give you lab results and stimulation medication (i.e., Follistim) dosage for your evening injections</p> <p>Your calendar has now been changed to day of stimulation (day 1) and no longer your period (cycle day 3=stimulation day 1)</p>
<b>Day 6 of Stimulation</b>	<p>Appointment with Dr. Schmidt</p> <ul style="list-style-type: none"> <li>• Ultrasound</li> <li>• Estradiol blood draw (possibly)</li> </ul> <p>Bring your Ganirelix (Antagon) and Repronex</p> <p><i>*You might begin your Ganirelix (Antagon) this morning at the appointment with Dr. Schmidt and Repronex in the evening. The medications will both start (or be added) on the same day.*</i></p>

<b>Day 8 of Stimulation</b>	<p>Appointment with Dr. Schmidt</p> <ul style="list-style-type: none"> <li>• Ultrasound</li> <li>• Estradiol blood draw (possibly)</li> </ul> <p><i>*You may be starting daily appointments with Dr. Schmidt until Estradiol blood level, ovarian follicles and uterine lining are ready.*</i></p> <p>Plan on having sex (coitus) or have your partner ejaculate approximately 72 hours prior to TVA (TransVaginal Egg Aspiration).</p>
<b>Day after last Stimulation injection</b>	<p>35 hours before TVA, last injection:</p> <ul style="list-style-type: none"> <li>• HCG = Human Chorionic Gonadotropin (or equivalent)</li> <li>• You or your partner will give this injection at _____ am/pm</li> </ul>
<b>Midnight before TVA</b>	<p>Stop eating/drinking until after the TVA</p>
<b>Day of TVA</b>	<p>Arrive to OR at _____ am/pm (one hour prior to procedure)</p> <p>Bring medications</p> <ul style="list-style-type: none"> <li>• Doxycycline</li> <li>• Solu-medrol</li> <li>• Estradiol (i.e. Estradiol Valerate injection)</li> <li>• Progesterone (i.e., Prometrium suppository, Progesterone in oil injection)</li> <li>• Heparin (if you are on it)</li> </ul> <p><i>No sex (coitus) until OKed by Dr. Schmidt</i></p>
<b>Day after TVA</b>	<p>We will call you at _____ am/pm with your fertilization results</p>
<b>Day 2 after TVA</b>	<p>We will call you at _____ am/pm with your update on cell division of embryos</p>
<b>Day 3-5 after TVA</b>	<p>Arrive to OR at _____ am/pm for embryo transfer</p> <ul style="list-style-type: none"> <li>• Bring Valium (20mg) pill(s)</li> <li>• Bring signed patient consent forms</li> </ul>
<b>2 weeks after embryo transfer</b>	<p>Get your blood pregnancy and progesterone test</p> <ul style="list-style-type: none"> <li>• If pregnancy test is positive, repeat tests in 48 hours</li> <li>• DO NOT STOP any meds unless directed by Dr. Schmidt.</li> </ul> <p><i>Goal: pregnancy (HCG quant) to increase 70% in this 48 hour period</i></p>
<b>1 week after positive pregnancy test</b>	<p>Appointment with Dr. Schmidt</p> <ul style="list-style-type: none"> <li>• Ultrasound (to ensure pregnancy is in the uterus)</li> </ul> <p>NOTE: bleeding is common even if you are pregnant. Do not stop any meds. Call Dr. Schmidt immediately.</p>

*Please feel free to call us with any questions or concerns during this cycle. We are here to help you.*